



## Strawberry-Kiwi-Lemonade Spritzer

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



153 kcal

BEVERAGE

DRINK

### Ingredients

- 4 kiwifruit peeled cut into chunks
- 3 cups lemon-lime drink chilled soft
- 12 ounce lemonade concentrated frozen undiluted thawed canned
- 2 cups strawberries fresh

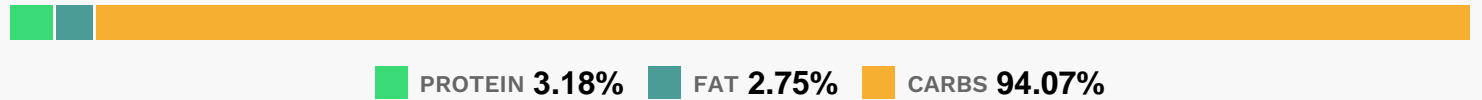
### Equipment

- food processor
- sieve
- blender

# Directions

- Place strawberries, kiwifruit, and 1 (12-ounce) can frozen lemonade concentrate in a container of a food processor or blender; process until smooth, stopping to scrape down sides.
- Pour mixture through a wire-mesh strainer into a pitcher, discarding solids. Just before serving, stir in lemon-lime soft drink.

## Nutrition Facts



## Properties

Glycemic Index:31.43, Glycemic Load:11.09, Inflammation Score:-5, Nutrition Score:9.4082608456197%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 153.22kcal (7.66%), Fat: 0.49g (0.76%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 34.66g (12.6%), Sugar: 31.84g (35.38%), Cholesterol: 0mg (0%), Sodium: 22.69mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.24mg (7.08%), Protein: 1.28g (2.57%), Vitamin C: 88.25mg (106.97%), Vitamin K: 30.61µg (29.15%), Manganese: 0.29mg (14.68%), Fiber: 3.34g (13.34%), Folate: 32.75µg (8.19%), Vitamin E: 1.11mg (7.42%), Potassium: 233.69mg (6.68%), Copper: 0.13mg (6.26%), Magnesium: 20.55mg (5.14%), Phosphorus: 38.58mg (3.86%), Calcium: 37.53mg (3.75%), Vitamin B6: 0.07mg (3.57%), Vitamin B3: 0.51mg (2.56%), Iron: 0.44mg (2.44%), Vitamin B1: 0.03mg (2.23%), Vitamin B5: 0.21mg (2.05%), Vitamin B2: 0.03mg (1.82%), Vitamin A: 70.25IU (1.4%), Zinc: 0.2mg (1.31%)